



You Have The Power!

PROJECT CHANGE
Montgomery County, Maryland

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PROJECT CHANGE

○ OUR MISSION:

To promote positive youth development and youth leadership skills by engaging young people to contribute to their community through participation in quality community service projects, peer mentoring programs, and leadership training.

○ Empowering Students. Enriching Community.



You Have The Power!

- Empowering students
- Peer education
- Helping to improving the school community
- Strengthening leadership skills
- First YHTTP! 12-week program funded by
Youth Service America



You Have The Power!

YOUTH

- *Plan the program*
- *Lead the program*
- *Evaluate the program*





You Have The Power!

- ◊ Supports positive youth development
- ◊ Stresses the necessity for tolerance
- ◊ Helps schools address bullying
- ◊ Helps improve the school's social climate

Stop Bullying Now! Campaign

Launched In 2004, this is the largest bullying prevention effort ever designed to reach 9-through-13-year-old youth—and those who shape their world. Guided by proven, research-based bullying prevention and intervention strategies, the campaign was developed with significant assistance from a Youth Expert Panel or young people who have helped create a wide range of public service products, including:

- A dramatic, engaging animated story—brought to life through “webisodes” at www.StopBullyingNow.hrsa.gov—featuring a cast of young people and adults who respond to bullying in and around a middle school



- An interactive website, designed with special support from the **Youth Expert Panel**, that engages young people in bullying prevention activities and provides extensive insight for adults as well
- Print Public Service Announcements available for through the campaign website and television and radio PSAs available by order through the website and through the **National Association of Broadcasters (NAB)**, a campaign partner
- **Resources** for young people, parents, educators and organizations looking for help in stopping and preventing bullying also available at the campaign website

While the campaign is national in scope, there are numerous opportunities for schools, businesses, community and civic organizations to get involved. To learn more about how you and/or your organization can join this effort, go to www.StopBullyingNow.hrsa.gov.


Bullying...

- Is intentional harm-doing
- Is repeated over time
- Involves an imbalance of power


Bullying behaviors include...

- Pushing, shoving and other physically aggressive acts
- Spreading gossip and harmful rumors
- Social exclusion
- Teasing and name-calling

Nearly 30 percent of all youth aged 11 to 15 have been a victim or perpetrator of bullying
Journal of the American Medical Association



www.StopBullyingNow.hrsa.gov
1-888-ASK-HRSA





Launching YHTP!

- Start a YHTP! Team at high school
- Train team members
- Contact an elementary or middle school
- YHTP! high school mentors and adult advisors meet with school personnel to introduce YHTP!
- Host school identifies a liaison



Launching YHTP!

- Host school selects a diverse group of about 15 students
- Teen mentors meet with younger students for an Introductory Meeting
- High school mentors meet once a week to plan the project for the next lesson



YHTP! In Action

- YHTP! mentors meet with students once a week after school for 10-12 weeks
- All participants complete a survey and sign a confidentiality agreement
- Students learn facts about bullying, how to be an ally in a bullying situation, create a school-wide presentation, and CELEBRATE!



Lessons Include

- Definition of bullying
- Types of bullying
- Roles in a bullying situation
- How to recognize a bully
- How bullying is unhealthy for everyone
- How to be an ally to the target



YHTTP! School-Wide Presentations

Have Included:

- Public Service Announcements filmed with the help of high school TV production students
- Mural
- School Assemblies
- Bullying Prevention "Spirit Week"







Project Outcomes

for mentors & younger students

- Increased knowledge of the characteristics, risks and consequences of bullying
- Increased awareness and recognition of bullying situations
- Increased knowledge of anti-bullying strategies
- Increased confidence with how to respond to bullying situations
- Improved leadership skills



Project Outcomes

for school staff

- Increased knowledge and awareness of bullying
- Increased awareness of the YHTP! student participants as partners and leaders in helping to reduce bullying in their schools



YHTP! Project Demonstrates...

- Active engagement and leadership of high school students making a meaningful contribution
- Active engagement of younger adolescents
- Service to a school and community
- High schoolers mentoring younger students
- Making the school setting a place of safety
- Caring teachers, administrators, and parents providing support



You Have The Power!

- Implemented in 6 schools
- Featured:
 - PBS program - *In The Mix*
 - "TIME for Kids" (Time Magazine)
 - Nickelodeon's "Nick News" website
- Project Change is a member of the Maryland Coalition for the Prevention of Bullying and Related Health Risks



YHTTP! By the Numbers

To Date:

- 105 Teen Mentors Trained
- 139 Elementary and Middle School Students have participated in YHTTP! training
- 20 Middle School Students have been trained to be "Mentors-In-Training"
- A Total of 5,743 Students have been reached (not including special workshops and presentations)

Cartoon Network





You Have The Power!

- Presented at professional conferences including:
 - 2010 Federal Bullying Prevention Summit
 - 2009 U.S. Department of Education Office of Safe and Drug-Free Schools Annual Conference
 - 2009 American Federation of Teachers QuEST Conference
 - 2009 6th Annual International Bullying Prevention Association Conference.



YHTP! Tool Kit:

- CD with 2 power point presentations & printed materials
- Training Manual
- Role-playing scenarios
- Bullying prevention strategies
- YHTP! poster (2 per kit) designed by YHTP! teen mentors
- Visit www.projectchange-md.org for more information.